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ABSTRACT

Descriptions of 12-week courses in hunting and fishing and in outdoor activities for male and female students at Inglemoor High School in Bothell, Washington, are presented in this curriculum guide for outdoor education and recreation. Offering both classroom and field experience, each of the two ccurses meets 55 minutes daily; recommended class size is 28. The guide is organized by course units, with each unit listing its specific goals, objectives, activities, materials, and time needed for the unit. Main objectives of the hunting and fishing course are to develop skills and educate students in safety procedures, conservation practices, and ecological relationships. Unit headings include: relationship of hunting to ecology, conservation, and man; hunter, boating, firearm, and fishing safety; marksmanship; hunting methods, equipment; hunting and fishing regulations; preparation, care, and use of game meats, fish; governmental agencies, sportsmen clubs; archery; methods, types of game fishing; making rods, lures, fly tying; map and compass; survival education/emergency preparedness. The outdoor activities course has units on outdoor experience and man, backpacking, map and compass, survival education/emergency preparedness, sailing, recreational shooting, and archery. The guide alsc provides a resource directory and bibliography. (RS)

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INGLEMOOR HIGH SCHOOL

Curriculum Guide

for

Outdoor Recreation
&
Outdoor Education

March 1973

Northshore School District # 417

Mr. Julian Karp, Superintendent

Bothell, Washington 98011

U S DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

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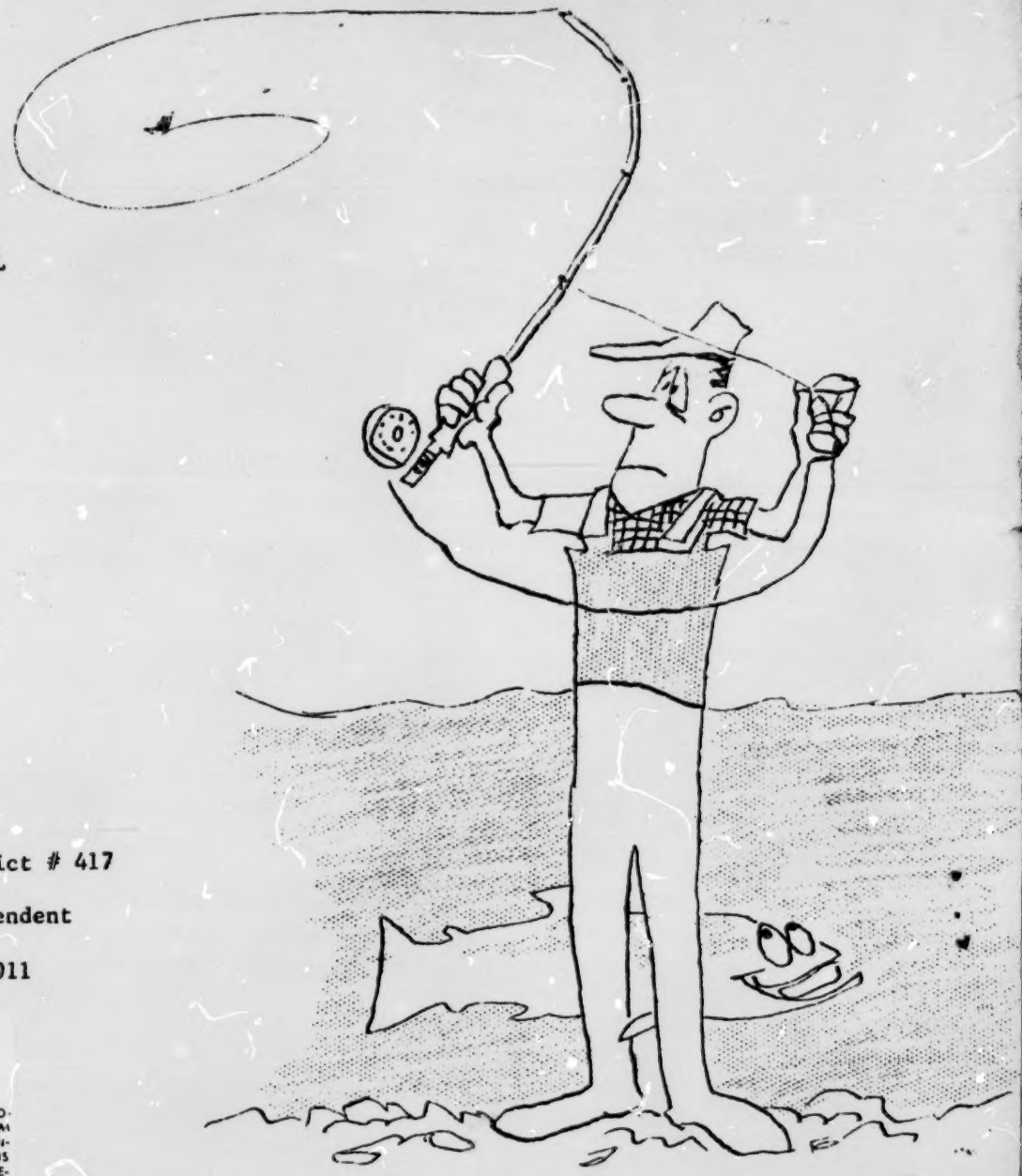

Curriculum Prepared & Written By:

Jim Kline, Outdoor Education Instructor

Consultants

Mr. Lee Blakely, Asst. Superintendent
Mr. Carrol Siverson, Principal
Mr. Dick Sorenson, Principal Asst.
Mr. Paul Marley, Washington State Dept. of Game
Mr. Marvin Stevens, Business Agent for School Dist.
Mr. Bob McGuire, Coord. of P.E./Health, Athletic Facilities & Fields
Mr. Dick Yonck, Department Chairman P.E.

Philosophy

This program was developed around the philosophy that if young people are taught to have fun in the outdoors through the teaching of lifetime sports, they will come to love a form of recreation that they will pursue for the remainder of their lives. Also they will come to love and cherish the environment that provides this enjoyment and recreation, and thus, come to the realization that if they damage this environment, in the end they are not only hurting their fellow man and other life support systems, but also themselves. The course of study is sensitive to the students outdoor interests and motivation levels.

"Education Instead of Legislation"

"The outdoors is truly a religion of its own. Lets' pass a whole lot of this religion along to the young people of our Country."

Hunting and Fishing

Course Description

This course is designed to develop sportsmen (men & women) who will be skilled in the arts of hunting and fishing and extremely knowledgeable of safety procedures, conservation practices, and ecological relationships in order to preserve and protect the wildlife and habitat that makes these forms of recreation possible.

This class meets fifty five minutes daily for one trimester. Enrollment is voluntary and the recommended class size is 28. The subject matter consists of the units of study listed on the following pages, but the order of unit sequences can and is changed somewhat according to the season of the year and available facilities.

Unit 1: Hunting; Its relationship to ecology, conservation and man. Time: 1 week

Goals

The student will learn the reasons why people hunt and the role the hunter plays in wildlife management. He will learn the relationship between reproduction cycles, habitat maintainance, and hunter harvest. He will learn the importance of wildlife for recreation, food, furs, and our economy. He will learn that the greater his scope of understanding of the outdoors and the interelationship of its life support systems, the greater will be the satisfaction and enjoyment from the hunting experience.

Objectives

The objective of this unit is to impart the following knowledge to the students:

1. The student will learn that hunting is a very admirable sport with great historical traditions that relates directly to the harvesting and complete utilization of surplus game animals.

2. The student will learn that historically the role of the hunters and fishermen in wildlife management is very great, for they have, and still do, pay almost the entire tab for conservation and wildlife management practices in our country.

3. The student will learn that wildlife is a renewable resource and that the greatest threat to wildlife today is the lose of habitat.

4. The student will learn that if the sport of hunting is to continue to be enjoyed in our Country, the "slob hunter" must be eliminated and that is only through actively concerned, and politically minded sportsmen that this can be achieved.

5. The student will learn that by being knowledgeable of the outdoors and of nature leads to a greater satisfaction and enjoyment of the hunting or fishing trip ahead.

Activities

1. Class lecture and discussion relating to the objectives of this unit.

2. A nature walk pointing out the different life support systems and their relationships.

3. Class handouts for reading from the Washington State Game Departments:
--Wildlife concepts
--Classification of Washington State wildlife
--Todays threat to our Nations Wildlife

4. Class discussion of what is a "slob hunter" and the principle of good sportsmenship and what makes a person a good sportsmen are brought out here. A set of slides (instructors) illustrating "slob hunters" and their effects on wildlife and habitat are shown to the student.

5. Guest speaker:
Mr. Dick Smethurst(Hunter)
Aerial Bowmen Archery Club
776-1266

Materials

Washington State Game Dept, Materials

The Hunter "OG"
Oregon State Game Comm. Pamphlet

Instructors slides--showing littering property damage, and ecological damage.

Call Dick Smethurst 776-1266

Unit 2: Washington State Game Dept. Hunter Safety Course Time: 1 week

Goals

The student will learn the operating principles of standard hunting firearms, and practice the established safety principles when using a firearm. The student will also learn and practice the established principles when using a bow and arrow. The student will learn basic ballistics and reloading techniques.

Objectives

The students will learn to:

1. Identify and explain the function of the basic parts of The rifle.

2. Identify basic types of hunting firearms.

3. Demonstrate a knowledge of the primary rules of safety by demonstration of proper gun handling techniques.

4. Learn and practice the ten commandments of shooting safety.

5. Demonstrate the proper safety techniques for hunting with bow and arrow.

6. Demonstrate the knoledge of trajectory, bullet weights, ft. pounds of energy and related terminology.

Activities

1. Observation and handling of examples of hunting firearms, etc., .22 cal. rifle, large-bore rifles, shotgun.

2. Discuss the use of each type of gun for various game animals.

3. Reloading demonstration of both rifle and shotgun and basic ballistics (Mr. Marvin Stevens).

4. Study the legal restrictions for different types of hunting--Washington. State Game Regulations.

5. Show how to cross fences with guns, transporting them in cars, and how to carry guns afield.

6. Study the Wash. State Hunter Safety handbook and take the Wash. State Hunter Safety examination (anyone under 18 years of age must pass this examination and hold a hunter safety certificate before they can purchase a hunting license).

7. Relate some of the careless gun accidents that occurred in the State of Wash. in 1972. Wash. State Game Dept. Statistics--47 accidents, 7 fatalities 30% of accidents under the age of 20.

Materials

Guns of various types:
instructor and local sporting goods.
Remington Peters Catalog
Winchester Western Catalog
Savage Arms Catalog

Washington State Game Regulations 1972

Washington State Hunter Safety
Instructor and student handbooks.

Examinations (Hunter Safety)
Report card of qualifiers
Hunter Safety Certificates

NRA Hunter Safety Handbook.

NRA Home Safety Handbook for Firearms.

Call Marv Stevens
Reloading Demonstration
Wash. State Game Dept. Statistics

Activities con't

8. Archery hunting equipment along with the latest safety techniques will be demonstrated.

9. State Game Officer to lecture (Mr. Bud Holste).

Unit 3 - Marksmanship & firearm safety - 2 weeks

GOALS

To familiarize the students with the physical skills of firearm safety and a very enjoyable activity throughout life.

OBJECTIVES

1. Students will be able to demonstrate the established principles of firearm safety on and off the shooting range.

2. Students will learn the operating principles of all standard sporting firearms.

3. Students will learn basic ballistics, including powder, bullets, casings, pressure, trajectory, and velocities.

4. Students will learn basic firearm safety in the home, car, and field.

5. Students will learn marksmanship skills and have a chance to compete with the skills they have learned.

6. Students will learn how to care for and store firearms safety in the home.

ACTIVITIES

1. Introduction to firearm safety and demonstration of different types of sporting firearms. Guest speaker, Mrs. Alice Bull, NR..

2. Introduction to the rifle range, the safety rules and procedures, and of the different competitive shooting sports.

3. Familiartion with the operating principles of the pellet rifle.

4. Learning to sight a rifle and actually shooting it.

5. Learning and shooting from the different competitive shooting positions. (Standing, kneeling, sitting, prone.)

6. Competition in a shooting tournament in class as individuals and teams.

7. Demonstration of how to cross a fence individually and with a partner.

8. Demonstration of how to load rifles into a car and secure rifles from a car both individually and when partners are present.

MATERIALS

Rifle range (improvize - even a classroom will suffice.)
Daisy Model 452 - pellet rifle
Pellets-cal. 177, 1 can of 500 per class period.
Targets 15 ft. indoor (improvize on ditto machine and save good ones for tournaments)
Target Backstops
Shooting benches (improvize from portable student desks)
Shooting pads for prone, kneeling, and sitting positions, improvize from old carpets or blankets.
Shooting sand bags for rifle rests on shooting benches.

NRA filmstrips:
- The Gun-Firearm Safety
- Rifle Shooting
- Pistol Shooting
- Shotgun Shooting
- Rifle Shooting Positions

NRA Outdoor Education Patket
- Hunter Safety Training
- Marksmanship Training
- Qualification Standards - Competitions

Firearm Safety Training Program
- Wash. State Dept. of Game
- AAHPER Hunting Handbook
- Daisy Heddon Shooting Program Packet

The Hunter Safety Handbook
- By Fishing and Hunting News

Call Mrs. Bull and schedule guest speaker date.

Unit 4 Hunting Methods and Equipment - 1 week

GOALS

The goal of this unit is to acquaint the student with the different types of clothing needed when hunting different species of game, and also the many different methods that can be used in hunting game.

OBJECTIVES

The student will learn:

1. The items that he should carry in a backpack or ruck sack when hunting.

2. The proper type of clothing to wear with relationship to the game animal being hunted and the method of hunting emplcyed.

3. The variety of methods used in the hunting of game animals.

ACTIVITIES

The class is shown the items that a hunter should carry in a pack on his back and the use for each of these items is explained.

The class is shown the proper dress that he should wear for different types of hunting.

1. 100% wool in the Northwest and red or flame orange color types.
2. Different types of camouflage clothing for archery, varming and waterfowl hunting.
3. Different types of hunting pants for upland bird hunting.
4. Footwear-leather boots, rubber boots, hip boots and waders.

The class is given a field experience illustrating the different methods of hunting.

a) Still Hunting
b) Stalking
c) Drive Hunting
d) Hunting with dogs and dog training this is done on property adjacent to the school gounds where deer, pheasant, grouse, quail, coytoe, and many other species of wildlife live. Camera hunting is the only method used in this game sanctuary.

Assorted class projects are assigned such as studying the feeding habits of a particular species of game in the sanctuary to making plaster casts of ~~the~~

MATERIALS

Hunters Pack containing:
- knife
- whetstone
- belt axe
- folding saw
- rope
- survival kit (Tacoma Search & Rescue)
- extra clothing and socks
- extra gloves
- sun glasses
- fire starter
- matches
- binoculars
- camera
- H20 container
- extra shells
- whistle
- flash light
- first aid kit

Hunters Clothing
Local Sporting Goods
,Instructors

25 lb. plaster of paris

Camera film

Game cails
Instructors and local sporting goods dealer

ACTIVITIES con't

the different animal tracks found in the sanctuary.

The class is shown different methods of calling game.

Unit 5 - Hunting and Fishing regulations and Fish and Game Distribution in Washington - 3 hours

GOALS	OBJECTIVES	ACTIVITIES	MATERIALS
The student will increase his knowledge of the laws governing fishing and hunting in Washington and will also learn to identify the different species of fish and game.	1. The student will learn to identify Washington's game fish and big game. 2. The student will become knowledgeable of the fish and game laws in Washington.	Film: Wild Heritage Runeways in the Wild From outdoor magazines, photos, plaster casting, etc., the students prepare a display of all the different fish and game species in Washington. Read: Washington Fishing Regulations and discuss in class. Speaker: Washington State Game Dept., Mr. Bud Holste-Wildlife Agent.	Films: Wild Heritage Runaways in the Wild Schedule from Modern Film Service (early) 30 copies of the Washington Hunting Regulations. 30 copies of the Washington Fishing Regulations.

Unit 6 - The Preparation, Care, and Utilization of Game Meats and Fish - 4 hours

GOALS	OBJECTIVES	ACTIVITIES	MATERIALS
Students will learn the causes for loss of wounded game animals in the field in hopes of preventing this needless waste. He will also learn the skills of dressing, cleaning, and caring for game animals. The student will learn various ways of preparing fish and big game meats that make for a wide variety of uses and some great eating.	Students will be able to: 1. Identify the anotomy of big game and mark vital areas. 2. Analyze and explain causes for loss of wounded game and restate the Wash. State Law concerning waste of fish and game. "Eat everything you shoot and catch." 3. State the specific causes of meat loss by spoilage. 4. Illustrate by sketch the cuts used in ventral dressing and trophy cap removal. 5. Interpret when bleeding is necessary by sticking. 6. Relate acceptable procedures for cooling, transporting and aging game meat.	Display and explain the assorted gear a hunter needs in the field to care for big game. Review principles of marksmanship and relate anatomy of big game animals. Read handouts: Tracking Procedures (Bow Hunter Magazine Article) Worksheets: How to butcher and wrap your own game meat. How to gut a game animal. Demonstration of different ways to cook game meats--by Feast teacher or Home Economics teacher. Also instructors receipes. Demonstration of how to make sausage and jerky and also how to smoke fish and game meats.	Display: Knives, Whetstone, Rope, Belt Axe, Folding Saw, and Garbage Can Bag for liver and heart, Clean Cloths. Handouts: Tracking procedures taken from the Bowhunter magazine. Smoker - Instructors home made. Speaker: Feast or Home Economics teacher Miss Holmann or Mrs. Knowles Bow Hunter Magazine

Unit 7 - Governmental Agencies, Sportsmen Clubs and You. - 3 hours

GOALS

The goal of this unit is to acquaint the student with the governmental bodies governing hunting, to familiarize the students with clubs that are geared towards improving hunting and fishing and to teach the student to be active in promoting congressional action that concerns sportsmen. The student will increase his knowledge of property right and learn to practice respect for another person's property.

OBJECTIVES

1. The student will learn how many sportsmen organizations are involved in helping to improve and maintain the sport of hunting and fishing.

2. The student will learn how the Washington State Dept. of Game functions.

3. The student will learn about other governmental agencies involved in hunting.

4. The student will learn how to formulate a letter to his congressman and how to dial the hot line to get a message to his congressman.

5. The student will learn that all property has ownership and that the hunter must respect the private land owner and ask permission before using private lands.

ACTIVITIES

Lecture on how these organizations relate to hunting and fishing:
-Washington State Game Dept.
-Bureau of Outdoor Recreation
-Environmental Protection Agency
-U.S. Forest Service
-Dept. of Soil Conservation
-Bureau of Land Management

The students are taught the format for writing a letter to their congressman.

The student is assigned to draft a mock letter to his congressman.

Guest speakers (limited to 2) different sportsman organizations will be invited to talk to the class.
-Wash. State Sports Council
-Northwest Steelheaders
-Trout Unlimited
-Ducks Unlimited
-Western Bass Club
-Wildlife Committee of Wash.

Have the students read the section on courtesy and sportsmenship in the "Hunter Safety Handbook."

MATERIALS

Literature from the different sportsmen organizations listed below.

Have your own list of things a hunter should or should not do on private lands.

Hunter Safety Handbooks.

NRA Materials on the hunter and the landowner.

Unit 8 Archery - 2 weeks

GOALS

To familiarize the students with the sport of archery hunting, and to teach them the physical and mental skills that must be achieved before they can hunt using this method.

OBJECTIVES

1. Students will demonstrate the established principles of archery safety.

2. The students will learn how to tune a bow and match the arrow to bow weight and spine of arrow for the greatest possible accuracy.

3. The students will learn what is good archery equipment and which is bad equipment unsafe for use.

4. The students will learn the newest techniques and skills of achieving accuracy and will have a chance to compete with these skills.

5. The students will learn how to properly care for archery equipment and how to make much of their own equipment.

6. The students will learn what safety equipment devices are needed.

ACTIVITIES

1. Guest speaker Mr. Dick Franchimon, member of the National Archery Ass. and Wash. State Archery Ass.

2. How to tune a bow.

3. Picking the right arrow for you - Easton Catalog.

4. Shooting techniques.

5. Actual shooting.

6. Tournament shooting, guest speaker, Ed Eliason 5th in 1972 Olympic Games. Personal films of Olympic Games.

MATERIALS

Easton Catalogs
8-Bear '76er Archery Bows (various weights)
½ gross aluminum arrows (assorted spines, lengths)
8 target butts
N.I.A.A. indoor target faces (can print up on press to save cost)
1-String server
1-Fletcher
1-Aluminum arrow straightliner

AAHPER Archery Handbook.

Instructor's archery equipment.

Call Dick Franchimon

Call Ed Eliason

Unit 9 - Methods and types of Game Fishing - 3 weeks - 2 days Field Experience

GOALS

To familarize the students with all the different types of Game fishing in Wash. and the various methods of catching them.

OBJECTIVES

The students will learn:

1. How to fly fish for the various species of fish.

2. How to spin-fish for the various species of fish.

3. How to spin-cast for the various species of fish.

ACTIVITIES

The students learn to tie the various knots used in the various forms of fishing and learn the various methods of rigging leaders, weight, and line.

The students learn how to fly cast, spin cast, bait cast, stripe cast, and level wind cast. Targets are used and obstacle courses are developed. Competition for accuracy with donated fishing gear as awards. Film: Johnny Dickman Demonstrates

The students learn the differnt types of game fishing and the methods used in catching them. During this unit we have a contest called "The Biggest Fish Award" in which a special certificate is given for the biggest fish caught for each species. These certificates were made up by the graphic arts department at school.

Types of fishing: (Film: Steelheading)

1. Steelheading (Summer Run & Winter Run)
   a. Fly
   b. Spoons & okies
   c. Fresh eggs
   d. Ultralight tackle (Spinning & fly)
2. Salmon (Fall & Spring Run)
   a. Fresh Water
      1) fly
      2) spoon
      3) spinners
      4) Eggs
      5) Herring
      6) Smelt
   b. Saltwater
      1) Herring (cut plug)
      2) Flashers
      3) Plugs & Spoons
3. Trout
   a. Fly fishing
      1) wet 2) dry
4. Bass
   a. Fly fishing - dry & wet
   b. Spin fishing - surface - below sur.
5. Crappie
   a. Fly b. Spinning

Guest Speakers - Pete Pilkey - Western B. C.
Ray Kahler - Northwest Steel.

Fishing trip - one day & one weekend

MATERIALS

Leader material.
Hooks - various sizes.
Sporting goods as awards.(donated from)
8 Fly Casting Outfits
8 Bait Casting outfits
8 Spincast outfits
8 Desel wind outfits
Casting targets
Casting plugs
Sevivels

Call Pete Pilkey
Call Ray Kahler

Films: Johnny Dickman Demonstrates
Pike's Paradise
Steelheading
North for Breech Trout

Unit 10 - Making Rods, Lures and Fly Tying - 2 weeks

GOALS

The student will learn to make equipment of their own. This leads to many hours of leisure time activity as well as the development of great pride and mastery of the arts of fishing.

OBJECTIVES

The student will learn:

1. Fishing rods of various kinds.

2. Fishing lures of various kinds.

3. A variety of wet and dry flies.

ACTIVITIES

The class is shown various rods the instructor has made, and the class is taught how to wrap rod guides using thread, rod guides and pieces of ¼ dowling.

Guest speaker on Rod Making - Mr. Ray Kahler Northwest Steelheaders.

Lure making - showing the assorted materials needed and how to assemble them. The students are also shown how to improvize homemade lures. Class time is given for the students to make lures.

Fly Tying - Guest Speaker - Mr. Boyd Aigner Washington fly club.

Class workshop - The student has his choice of making a rod (furnish own materials) lure making or fly tieing.

MATERIALS

Rod Making Materials:
- Corks
- Reel Seats
- Glue
- Guides
- Rod tips
- Rod wrapping kits
- Glu-bod finish
- ¼ Dowling - 30 pieces

Lure Making Equipment:
- Wire
- Pliers
- Spinner blades
- Seviels & Rings
- Hooks
- Beads (assorted colors)

Fly Tying Equipment:
- Vices
- Thread
- Whip finishers
- Head cement
- Assorted hackles
- Body wrap
- Wing feathers
- Hooks (assorted sizes)

Guest Speakers:
- Ray Kaher NWS
- Boyd Aigner WFC

Unit 11 - Fishing etiquette, Boating and Fishing Safety - Incoported into other units at present time.

GOALS	OBJECTIVE	ACTIVITIES	MATERIALS
The goal of this unit is to teach the student sportsmanship and safety in the many forms and varieties of fishing.	1. The student will learn the importance of good bank and boat manners. "Educate or Legislate" 2. The student will learn to be litter conscience. 3. The student will learn the art of using a wading staff and bouyant vest. 4. The student will learn basic principles of boating as they relate directly to the fisherman. 5. The student will learn the basic kinds of boating craft used for fishing.	Lecture on the increasing antimosity being generated between bank fishermen and boat fisherman, and relate simple sportsmen principles that will resolve this problem. Field trip (also part of another unit)--the location of this trip depends upon the time of year and the fishing seasons that are open. The class goes fishing and during the trip they pick up litter and also usually visit a fish hatchery. The class is shown the proper way of wading fast water streams with a wading staff and is shown a tackle vest that is bouyant. Guest speaker: U.S.Coast Guard --Mr. Don Hedstrom Boating Safety Kenmore Marina Instructions in safe boating for prams, rubber rafts, canoes, jet slides, and drift boats.	Schedule field trip 2 weeks in advance Parent permission forms Wading staff Bouyant fishing vest Hip boots Litter bags Speaker: U.S. Coast Guard Mr. Don Hedstrom (school staff)

Unit 12 Map & Compass - 1 week

GOALS

The students will learn how to navigate safely from one location to another and back again using visual landmarks, area maps, signs, mental maps, and a compass to find the route. They will learn how to pre-plan wilderness trips from topographical maps with the aid of compass and protractor.

OBJECTIVES

The students will be able to:

1. Observe and recognize landmarks of navigational value when traveling.

2. To utilize directional aids when traveling. (maps, compass, etc.)

3. To teach the students that when they embark upon a trip into the wilderness the responsibility is theirs alone to make sure of where they are going and how to return.

4. Pre-plan a wilderness trip.

ACTIVITIES

1. Class lecture "Simple Outdoor Navigation" and read this chapter in Outdoor Living Text.

2. Lecture and demonstrations of different types of maps and how to read a topography map.

3. The compass and its uses.

4. Field Demonstrations on using visible land marks or a compass to orientate a map.

5. Compass activity course that the students run and then an exercise in orienteering.

6. Lecture on aids to general direction finding such as sun(east to west), North Star, wind, section lines, valleys and ridges, etc.

7. Student project: Pre-plan a wilderness trip that you plan to take someday giving distance to be traveled per day, compass bearing, alternate routes, baselines, objective lines, camp sites and approximate times for distances traveled.

MATERIALS

Text: Outdoor Living

Maps: topographic - 30 of same area
Plainmetric

Compasses: Fixed dial
Movable dial
Shadow stick
Magnet
Compass activity
Course handout
Stars

Film: The Lost Hunter

Reference Book: Finding Your Way In The Outdoors

Equipment: 30 compasses (Silva)
30 Protractors

Unit 13 Survival Education and Emergency Preparedness - 2 weeks

OALS

he goal of this unit is to ake the student aware of ome of the problems he is ikely to encounter in his ransition from city living o outdoor living and to each the student to plan nd prepare for these po- ential dangers before em- arking on any outdoor ctivity. You might say hat the goal is to teach "prevention" of the real urvival experience.

OBJECTIVES

The objectives of this unit are related through the following questions that students are taught to ask themselves before embarking on an outing.

1. Have I left a trip itiniary with my parents or guardian?

2. Can my body take the strain and punishment this trip will demand?

3. Will I have sufficient energy foods to replace what my body uses?

4. Will I have reserve food for any unexpected delay or emergency?

5. What will I use for warmth, extra clothing, and fire building?

6. What can I use for shelter if I get caught in a storm?

7. Are my boots and equipment adeqeuate for the trip?

8. What is my knowledge of mountain first aid techniques?

ACTIVITIES

Discussion: Why Survival Education

Demonstrations of all the survival gear that should be carried in an automobile and also on one's person. STRESS EMERGENCY PREPAREDNESS

Trip planning

Developing natural shelters and improvising shelters.

Storm Kits-explanations on how to use.

Improvising-Field experience

Brainstorming-Class activity

Pre-survival experiments
- Wool vs. cotton clothing
- Fire starters-pitch vs. can heat, etc.
  - -flint
  - -rubbing sticks
- Body tube - class takes and puts on gym shorts and goes outside-stand until cold (5 min.) then put body tube on-see warming effect.

OVERNIGHT SURVIVAL EXPERIENCE

Standard & Mountain first aid techniques

MATERIALS

Tacoma Search & Rescue Storm Kit (Survival Kit) for each student

Text: Outdoor Living
Problems, Solutions & Guidelines

Films: Mountains Don't Care
By Nature's Rules

Supplemental texts: Mountaineering First Aid, Seattle Mountaine
Red Cross First Aid Bo

Outdoor Activities

Course Description

This course presents the student with a vast array of outdoor recreational experiences that will hopefully carryover as lifetime recreational pursuits. Course content is both academic and recretive, with all academic content followed up by field experience. The class meets fifty five minutes daily for one trimester (12 weeks). Enrollment is voluntary and the recommended class load is 28. Due to student participation, three sections of this course is offered each trimester.

The subject matter consists of the units of study listed on the following pages, but the order of unit sequences can and is changed somewhat according to the season of the year. Conservation and environmental education are an intregal part of this course of study as well as techniques, skills, equipment, and safety.

Unit 1: The Outdoor Experience and Man

Time: 2 hours classroom--1 week
3 hours field experience

Goals	Objectives	Activities	Materials
The goal of this unit sets the theme for the class. The student should come to grasp with man's relationship to his environment and the relationship between all life cycles and man's effect upon them. He should also become aware of man's need for recreational enjoyment and relaxation as well as the wonderful social experience to be had between people sharing and empathizing with the great outdoors and all its natural beauty and serenity.	The students will learn that: 1. Man is dependant upon his environ- for <u>life</u>. 2. Man needs leisure time activities which completey remove him mentally from his daily routine. 3. Man must fight for open space, blue skies, clean air, and clean water, and the preservation of our nations recreational and wilderness areas. 4. Man needs <u>lifetime</u> recreational pursuits. 5. Fun and adventure are to admirable goals in living the "good life." 6. The aesthetic experience in the outdoors increases as one's knowledge of his natural surroundings increases. 7. The outdoors is truly a religion of its own, It is addictive------- Don't beware--get <u>hooked</u>.	1. Class lecture and discussion relating to the objectives of this unit. 2. A series of slides prepared by the instructer relating to these objectives. 3. A nature walk pointing out life cycles and their relationships. The student is assigned to do a notebook identifying the wild plants and trees along the school's nature trail. 4. A class hike to an outdoor area which is very unstructured and where the students can spend a whole hour just getting away from it all in any manner they wish. 5. A camp/fire where the students are actually molded into a group for the first time. Group activities include group games, a period of meditation, and a commitment of a stick to the fire for some personal commitment not related to the class. Note: The activities of this lesson are determined by the class makeup and the instructor must be very sensitive to this. However, most campfires have been very successful.	Instructors slides and lecture materials. Environmental Handout Books: The Plant Community Wild Flowers of Mt. Rainer and the Cascades. Pamphlets: U.S. Forest Service Tree Identification.

Evaluation: teachers observation, assigned notebook and worksheets.

Unit 2 Backpacking - 3 weeks

GOALS

The goal of this unit is to provide the student with a fundamental understanding of the joys and techniques of hiking and backpacking.

Again it is hoped that the student will grow to love this sport and empathize with all the philosophical, psychological, and ecological relationships involved.

OBJECTIVES

1. The student will learn backpacking safety.

2. The "how" of backpacking.

3. The fun and enjoyment associated with the sports of hiking & backpacking.

4. The knowledge related in this unit through actual field experience.

5. To become "ecologically minded."

6. To practice emergency preparedness and mountain first aid.

ACTIVITIES

Classroom activity is composed of discussions, lectures, films, demonstrations, guest speakers, and field experiences.

Topics covered include:
- Clothing-layer system-100% wool
- Footwear and it's care
- Fire building
- Trail cooking and trail foods
- Sleeping gear
- Tents and shelters
- Rain and wind gear
- Packs-different kinds of things to look for when buying
- Map and compass-orienturing
- First aid and kits
- Trail conduct
- Mountain geology
- Trip itiniary

Reading assignments
- "The Complete Walker"
  - pp. 3-13 "Why Walk"

- "House on your Back"
  - pp. 13-26 Ground plan
  - pp. 26-53 Footwear
  - pp. 53-66 Clothing
  - pp. 66-137 Kitchen
  - pp. 137-197 Bedroom
  - pp. 197-221 Tents
  - pp. 221-270 Gear and other matters

MATERIALS

Text: "The Complete Walker"
Film: "Mountains Don't Care"
"By Natures Rules"

Pack and all it's contents.
Samples of all gear needed from:
1. Local sporting goods dealer
2. Recreation Coop.
3. Instructors personal gear

Call Louis Marshall
guest speaker-editor Signpost magazine
Trail care and backpacking

Call Ome Daiber
guest speaker
Backpacking

Handouts:
- A Hiking Code
- The Ten Essentials
- Backpacking Equipment
- Parent permission forms

Call Larry Fredericks
guest speaker
Mountain Climber

Unit 3 Map & Compass - 1 week

GOALS

The students will learn how to navigate safely from one location to another and back again using visual landmarks, area maps, signs, mental maps, and a compass to find the route. They will learn how to pre-plan wilderness trips from topographical maps with the aid of compass and protractor.

OBJECTIVES

The students will be able to:

1. Observe and recognize landmarks of navigational value when traveling.

2. To utilize directional aids when traveling. (maps, compass, etc.)

3. To teach the students that when they embark upon a trip into the wilderness the responsibility is theirs alone to make sure of where they are going and how to return.

4. Pre-plan a wilderness trip.

ACTIVITIES

1. Class lecture "Simple Outdoor Navigation" and read this chapter in Outdoor Living Text.

2. Lecture and demonstrations of different types of maps and how to read a topography map.

3. The compass and its uses.

4. Field Demonstrations on using visible land marks or a compass to orientate a map.

5. Compass activity course that the students run and then an exercise in orienteering.

6. Lecture on aids to general direction finding such as sun(east to west), North Star, wind, section lines, valleys and ridges, etc.

7. Student project: Pre-plan a wilderness trip that you plan to take someday giving distance to be traveled per day, compass bearing, alternate routes, baselines, objective lines, camp sites and approximate times for distances traveled.

MATERIALS

Text: Outdoor Living

Maps: topographic - 30 of same area
Plainmetric

Compasses: Fixed dial
Movable dial
Shadow stick
Magnet
Compass activity
Course handout
Stars

Film: The Lost Hunter

Reference Book: Finding Your Way In The Outdoors

Equipment: 30 compasses (Silva)
30 Protractors

Unit 4 Survival Education and Emergency Preparedness - 2 weeks

OALS

he goal of this unit is to ake the student aware of ome of the problems he is ikely to encounter in his ransition from city living o outdoor living and to each the student to plan nd prepare for these po- ential dangers before em- arking on any outdoor ctivity. You might say hat the goal is to teach "prevention" of the real urvival experience.

OBJECTIVES

The objectives of this unit are related through the following questions that students are taught to ask themselves before embarking on an outing.

1. Have I left a trip itiniary with my parents or guardian?

2. Can my body take the strain and punishment this trip will demand?

3. Will I have sufficient energy foods to replace what my body uses?

4. Will I have reserve food for any unexpected delay or emergency?

5. What will I use for warmth, extra clothing, and fire building?

6. What can I use for shelter if I get caught in a storm?

7. Are my boots and equipment adeqeuate for the trip?

8. What is my knowledge of mountain first aid techniques?

ACTIVITIES

Discussion: Why Survival Education

Demonstrations of all the survival gear that should be carried in an automobile and also on one's person. STRESS EMERGENCY PREPAREDNESS

Trip planning

Developing natural shelters and improvising shelters.

Storm Kits-explanations on how to use.

Improvising-Field experience

Brainstorming-Class activity

Pre-survival experiments
- Wool vs. cotton clothing
- Fire starters-pitch vs. can heat, etc.
  - -flint
  - -rubbing sticks
- Body tube - class takes and puts on gym shorts and goes outside-stand until cold (5 min.) then put body tube on-see warming effect.

OVERNIGHT SURVIVAL EXPERIENCE

Standard & Mountain first aid techniques

MATERIALS

Tacoma Search & Rescue Storm Kit (Survival Kit) for each student

Text: Outdoor Living
Problems, Solutions & Guidelines

Films: Mountains Don't Care
By Nature's Rules

Supplemental texts: Mountaineering First Aid, Seattle Mountainee
Red Cross First Aid Boo

Unit 5 Sailing Time: 4 hours classroom - 1 week
2 hours sailing

OALS

he goal of this unit is to evelop interest in the sport f sailing by giving the tudents a brief exposure o the sport. Again it is oped that the interest gen- rated in this unit will car- y over into the development f a lifetime sport.

OBJECTIVES

Students will learn:

1. The theory of sailing.

2. To rig a sailboat.

3. The points of sailing (running and reaching) and demonstrations.

4. The hazards of sailing and the rules for safe sailing.

5. The rules of the road concerning sailing.

ACTIVITIES

Classroom activity is composed of discussions, lectures, films, and demonstrations. Each day the class is given a quiz (oral or written, some graded and non-graded) testing their knowledge of the assigned reading materials. Every attempt is made to make this class activity fun with lots of student envolvement. Students not achieving and showing a lack of interest are not permitted on the field trips. This is for safety reasons.

Day Sailing
Reading assignments:
pp. 7-10
pp. 1-2
pp.3-6
pp.1-10

Field trip - Sailing at the U. of W. Yahct Club on Lake Washington.

MATERIALS

Class text: Day Sailing

Chart entitled, "The World's Most Active Sailing Classes" - Rudder Nautical Library Chart.

Film: Sailing - Seattle Public Library
You're the Skipper - Seattle Public Library

Sailboat and rigging

Schedule bus for field trip to U. of W. Yahct Club.

valuation: The instructor can normally evaluate each class and the field trip by the amount of enthusiasm shown by the students. The students are asked to write an evaluation.

nstructor Preparation: Reading and actual experience.

Unit 6 Recreational Shooting - 2 weeks

GOALS

To familiarize the students with a very enjoyable activity that can be enjoyed throughout life. Competitive shooting is also a form of competition that can be enjoyed by almost anyone, even the handicapped.

OBJECTIVES

1. Students will be able to demonstrate the established principles of firearm safety on and off the shooting range.

2. Students will learn the operating principles of all standard sporting firearms.

3. Students will learn basic ballistics, including powder, bullets, casings, pressure, trajectory, and velocities.

4. Students will learn basic firearm safety in the home, car, and field.

5. Students will learn marksmanship skills and have a chance to compete with the skills they have learned.

6. Students will learn how to care for and store firearms safety in the home.

ACTIVITIES

1. Introduction to firearm safety and demonstration of different types of sporting firearms, Guest speaker, Mrs. Alice Bull, NRA.

2. Introduction to the rifle range, the safety rules and procedures, and of the different competitive shooting sports.

3. Familiartion with the operating principles of the pellet rifle.

4. Learning to sight a rifle and actually shooting it.

5. Learning and shooting from the different competitive shooting positions. (Standing, kneeling, sitting, prone.)

6. Competition in a shooting tournament in class as individuals and teams.

MATERIALS

Rifle range (improvize - even a classroom will suffice.)
Daisy Model 452 - pellet rifle
Pellets-cal. 177, 1 can of 500 per class period
Targets 15 ft. indoor (improvize on ditto machine and save good ones for tournaments)
Target Backstops
Shooting benches (improvize from portable student desks)
Shooting pads for prone, kneeling and sitting positions.
Improvize from old carpets or blankets
Shooting sand bags for rifle rests on shooting benches

NRA filmstrips:
The Gun-Firearm Safety
Rifle Shooting
Pistol Shooting
Shotgun Shooting
Rifle Shooting Positions

NRA Outdoor Education Packet
Hunter Safety Training
Marksmanship Training
Qualification Standards- Competitions

Firearm Safety Training Program
Wash. State Dept. of Game

AAHPER Hunting Handbook
Daisy Heddon Shooting Program Packet

The Hunter Safety Handbook
By Fishing and Hunting News

Call Mrs. Bull and schedule guest speaker da

Unit 7 Archery - 2 weeks

GOALS

To familiarize the students with a very enjoyable activity that can be enjoyed throughout life. Competitive archery is also a form of competition that can be enjoyed by almost anyone.

OBJECTIVES

1. Students will demonstrate the established principles of archery safety.

2. The students will learn how to tune a bow and match the arrow to bow weight and spine of arrow for the greatest possible accuracy.

3. The students will learn what is <u>good</u> archery equipment and which is <u>bad</u> equipment unsafe for use.

4. The students will learn the newest techniques and skills of achieving accuracy and will have a chance to compete with these skills.

5. The students will be taught how to properly care for archery equipment and how to make much of their own equipment.

ACTIVITIES

1. Guest speaker Mr. Dick Frenchimon, member of the National Archery Ass. and Wash. State Archery Ass.

2. How to tune a bow.

3. Picking the right arrow for you - Easton Catalog.

4. Shooting techniques.

5. Actual shooting.

6. Tournament shooting, guest speaker, Ed Eliason, 5th in 1972 Olympic Games.
Personal films of Olympic Games.

MATERIALS

Easton Catalogs
8-Bear '76er Archery Bows (various weights)
½ gross aluminum arrows (assorted spines, lengths)
8 target butts
N.I.A.A. indoor target faces - (can print up on press to save cost)
1-String server
1-Fletcher
1-Aluminum arrow straightner
AAHPER Archery Handbook

Inglemoor High School Outdoor Education
Resource Directory

PRIVATE AND GOVERNMENTAL AGENCIES

State Capital 753-5000
Olympia Information

Wash. State Game Department
Public Relations 464-7764
Mr. Burt Lockhark - Biologist 753-5728
Tom Knight - Information Officer 753-5707

Wash. State Ecology Department
Roy Arp - High Way Department 885-1900
15845 Northeast 36th, Redmond

Nick Malueg
Shoreline 464-6010

Oceanographic Commission of Wash. 464-6272

Environmental Program Office
Radiation control 464-6840
Water & Waste 464-7670

Weyerhaeuser Company
Corporation Headquarters 924-2345
Howard Millan 924-2548

Environmental Protection Agency
6th Across from Hilton Hotel
Park Plaza Building

Bureau of Land Management
Park Service
4th & Pike Building

Kromoa Consolidated
Joe F. Krom
932 Northwest 56th Street
Seattle, WA 98107

Eric Peacock - Wildlife Service

Dave Baurmgantner
Johnson Hall Room 317
Pullman, WA 99167

Wildlife Extension Man. 335-2511

Randy Berg - Mountain Climber
Recreational Equipment
Incorporated

Federal Information

Interior Department - Sport Fisheries & Wildlife
Management & Enforcement 442-5543

Division of Wildlife Research
Naval Support Activity 527-3501

Western Fish Disease Lab.
Federal Building 527-3500

Wildlife Service Division
Mines Bureau of Metal & Non 442-5455
Seattle Sub Division
Room 7009 District 9091st

Western Bureau 442-5467
Area Weather Forecast 682-3737

Weather Announcement Service 662-1111

Corps of Engineers	
Geology Soils Exploration & Materials	442-5050
Ralph Morrison	
1519 Alaskan Way	
Pier 47	
National Marine Fisheries Service	
Director	442-7575
North Pacific Fisheries	
Director	442-5263
2725 Montlake Bu. E.	
National Park Service	
Information	442-5542
Mount Rainier	569-2211
North Cascades	855-7051
Olympic	452-9235
Outdoor Recreation Bureau	
Mrs. Ruth Pike	442-4706
1000 2nd	
Navy Support Activity - Recreation Gear	527-3574
Forest Service, Bob Karfman	442-5400
Department of Agriculture	442-0329
Recreation Information	
Snoqualmie	
Recreation Information	
1601 2nd	442-0171
Pacific Northwest Forest	
Wildland Recreation Research	442-1817
Captains, 13242 Second Ave.	612-3305

FACULTY PERSONNEL

John Wartes - Mountain Climbing

Don Hedstrom - Power Boating

Larry Bond - Sailing

Dick Yonck - Bird Hunting

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Y - ROCK HOUNDS

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